



## **Parent Self Care Tool: Mini-Breaks and Micro-Vacations**

Wouldn't it be great if there was a Magic Fairy that came around everyday and rewarded parents for a job well done?!

*No such luck.*

Most parents have to reward themselves for a job well done. But with all the responsibilities taking time to reward yourself may feel like a luxury you can't afford. The truth is:

*If you want to take good care of your family, you must take good care of yourself!*

### **Mini-breaks- the pause that refreshes:**

What are the small ways you can reward yourself everyday?

- Stop for 10 minutes and read a favorite magazine?
- Listen to a soothing tape?
- Call a friend?
- Look through a kaleidoscope?
- Pet the cat?
- Read the newspaper?

### **What brings you joy in 10 minutes or less?**

The goal is to build in three mini-breaks, at least, during each day. This investment of 30 minutes each day can bring numerous rewards: increased efficiency, decreased stress, better problem-solving ability. But most important, you deserve rewards and breaks!

### **Micro-vacations-something to live for:**

Human beings can put up with a great deal of stress if they can count on eventually getting a real break to take care of themselves. Parents need to know that they can count on a time when they can stop being a parent for a few hours and nurture themselves. The goal is to have at least **6 hours each month** to nurture yourself. This doesn't mean an afternoon off from the kids to finish all your projects and complete your "to do" list. This is a micro-vacation that nurtures and refreshes you!

You might:

- go to the art museum
- spend the day riding the ferry
- go the movies with friends
- attend a flower show
- join an eagle-watching hike
- sit in the library and read all afternoon.
- Whatever brings you joy and renewed energy!

Write down some examples of a monthly micro-vacation that would really "re-charge" your batteries. Discuss it with a friend!

### **DAILY REMINDER**

Parents deserve rest, rewards, and relaxation too! Go out there and "re-charge!"